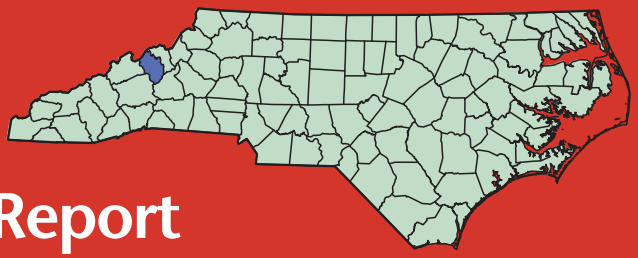
4-H EFNEP



Yancy County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Youth Eat Smart and Move More: 2008 Program Successes for Yancy County

The Expanded Food and Nutrition Education Program (EFNEP), serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. Using "hands-on" experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2008, North Carolina EFNEP served 45 counties.

EFNEP's mission is to assist families and youth with limited resources in making simple changes in eating behaviors and daily physical activity so that, over time, healthy choices become healthy habits.

Results of the 1040 youth participating in EFNEP

66% of 1040 youth now eat a variety of foods.
76% of 1040 youth increased their knowledge of the essentials of human nutrition.
75% of 1040 youth increased their ability to select low-cost, nutritious foods.
44% of 1040 youth improved practices in food preparation and safety.

4-H EFNEP Success

Nationwide, the prevalence of overweight has more than doubled in children ages 6-11 in the past several years. Because of this rate of increase, childhood overweight is no longer an individual matter. It is a family concern.

Recently, an overweight Yancey County student with low self-esteem participated in a series of 4-H Expanded Food and Nutrition Education (4-H EFNEP) lessons. Inspired by what she had learned, she shared with her family a desire to lose weight and make healthier lifestyle choices. To support the child, the entire family decided to improve their nutritional behaviors as well. They planned and prepared healthier meals at home and ate at fast food restaurants less often. They also controlled portion sizes and became more physically active.

The mother told the 4-H EFNEP program assistant that as a result of their efforts her daughter had lost 10 pounds and the weight loss had helped to greatly improve her daughter's self-esteem.

EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

NC State University
A&T State University
COOPERATIVE EXTENSION
Empowering People · Providing Solutions

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